



Eat Healthy, Get Moving, and Stay Well!

www.wellness.wa.gov

Washington Wellness Works encourages state employees, retirees, and their families to be healthy!

Did you know:

- ★ People who get preventive health care - screening tests, immunizations, and health counseling and advice - enjoy better health overall.
- ★ There are 1,440 minutes in every day. Schedule 30 of them for physical activity and get moving!
- ★ Eat meals as a family. It can help you all maintain a healthy weight, and can help kids do better in school.
- ★ Tobacco is the nation's #1 cause of preventable death - killing more people every year than AIDS, alcohol, drugs, murders, suicides, car crashes, and fires, combined.

For information on how you can get healthy or maintain your good health, visit our new Web site:

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